

## Comprehensive High School Courses

### Oklahoma Family and Consumer Sciences

#### **Career Orientation**

Course Code: FC00010                      OCAS: 8414  
Course Hours: 60.00 or 120.00        Grade levels: 9-12

*Course Description:* This course is designed to provide students with job seeking and retention skills through research and job shadowing activities, to gain essential employability skills, to explore career options, and to understand the importance of balancing a career and family. Emphasis is placed on acquiring conceptual skills such as strategic planning, communication, and problem solving. The importance of basic academic skills is stressed with job-related, practical application activities throughout the curriculum. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

#### Recommended Curriculum:

*Connect to your Career*, Goodheart-Willcox (2022)  
*Soft Skills for the Workplace*, Goodheart-Willcox (2022)

#### **Comprehensive Health**

Course Code: FC00259                      OCAS: 8479  
Course Hours: 120.00                      Grade levels: 9-12

*Course Description:* Health and wellness course covering current trending topics such as nutrition, alcohol, tobacco and opioid abuse, and human trafficking. Other topics include sleep, body image, and pregnancy prevention. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

#### Recommended Curriculum:

*Comprehensive Health Skills*, Goodheart-Willcox (2021)

#### **Counseling and Mental Health**

Course Code: FC00253                      OCAS: 8473  
Course Hours: 120.00                      Grade levels: 9-12

*Course Description:* This course is designed to improve a student's knowledge of mental health literacy and gain knowledge and skills necessary to pursue a counseling and mental health career through simulated environments. Students apply knowledge of ethical and legal responsibilities, limitations on their actions and responsibilities, and the implications of their actions. Students will understand how professional integrity in counseling and mental health care is dependent on acceptance of ethical and legal responsibilities. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

#### Recommended Curriculum:

*Counseling and Mental Health*, Curriculum Center for FACS, Texas Tech University

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*Counseling and Mental Health Services*, Goodheart-Willcox, 2025

**Culinary Basics Skills**

Course Code: FC00003            OCAS: 8426  
Course Hours: 120.00            Grade levels: 9-12

*Course Description:* This course focuses on food and workplace safety, kitchen management basics and culinary exploration including stocks, sauces and soups, breakfast foods, and the science of baking. The importance of teamwork in the food service environment is emphasized. This course is a laboratory-based course. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Culinary Arts*, Curriculum Center for FACS, Texas Tech University  
*The Culinary Professional*, Goodheart-Willcox (2017)\*\*  
*Culinary Arts Principles and Applications*, American Technical Publishers (2018)\*\*  
*Foundations of Restaurant Management & Culinary Arts, Level 1*, National  
Restaurant Association Education Foundation (2018)

**Culinary Advanced Skills**

*(Requires Occupational Certification of Instructor)*  
Course Code: FC00015            OCAS: 8428  
Course Hours: 120.00            Grade levels: 11-12

*Course Description:* This course introduces students to marketing concepts, menu planning principles, sustainability, and management of costs. Additional cooking fundamentals are gained in identification and preparation of meat, poultry, and seafood, garnishing and dessert/plate presentation. This course is a laboratory-based course. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*The Culinary Professional*, Goodheart-Willcox (2017)\*\*  
*Culinary Arts Principles and Applications*, American Technical Publishers (2018)\*\*  
*Foundations of Restaurant Management & Culinary Arts, Level 2*, National  
Restaurant Association Education Foundation (2018)

***\*\*These texts are extensive, and the one book will suffice for both courses – Culinary Basics and Culinary Advanced Skills.***

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**ECE: Pathway to National Credential**

Course Code: FC00241      OCAS: 8465  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course provides high quality training for students who want to pursue the national credential of Child Development Associate (CDA). The curriculum includes reflective writing as a part of the learning process to expand the knowledge base. It is endorsed by Oklahoma Child Care Services and aligned to several childcare entities including the Center for Early Childhood Professional Development (CECPD) for licensing regulations. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Essentials for Working with Young Children*, Council for Professional Recognition,  
[www.cdacouncil.org](http://www.cdacouncil.org)  
*Working with Young Children*, Goodheart-Willcox (2024)

**Essential Health**

Course Code: FC00      OCAS: 8481  
Course Hours: 120.00      Grade levels: 7 - 8

*Course Description:* This health and wellness course focuses on the skills students can use to make healthy decisions and promote health for themselves and others. Topics include nutrition, physical activity, and mental health plus cutting-edge topics such as vaping, opioid addiction, body positivity, self-compassion, social media, mindfulness, online communication, and relationships. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Essential Health Skills*, Goodheart-Willcox (2023)

**FCS Basics**

Course Code: FC00033      OCAS: 8415  
Course Hours: 120.00      Grade levels: 8-12

*Course Description:* This course is designed to provide students with basic information and skills needed to function effectively within the family and a changing, complex society. Emphasis is given to the development of competencies related to relationships, communication and conflict resolution, caring for children, designing personal space, basic sewing skills, clothing selection and care, promoting good health and nutrition, food selection and preparation, and career exploration. Upon completion of this course, the student will have developed basic life skills that promote a positive influence on the quality of life. ***Student***

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#### Recommended Curriculum:

*FACS Basics: Building Skills to Last a Lifetime*, CIMC Curriculum, ODCTE  
*Succeeding in Life and Career*, Goodheart-Willcox (2022)

#### **FCSEd Capstone**

*(Counts for Mentorship/Internship Credit)*

Course Code: FC00209      OCAS: 8446

Course Hours: 120.00      Grade levels: 11-12

***Course Description:*** The Oklahoma CareerTech FACSEd capstone course is an instrument used to measure the attainment of curricular outcomes or competencies at the culmination of a program of study. It is an in-depth study opportunity for the student to demonstrate accomplishment of the full spectrum of their learning. It should be student centered and directed with the guidance of a mentor. It should integrate knowledge gained from specific FCS courses and academic courses. Capstone courses are the application of all that the student has learned and serve as a pure evaluation instrument when assessed by a panel of experts.

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Curriculum information can be found at [ctyou.org](http://ctyou.org) under course title.

#### **Fashion Design I**

Course Code: FC00225      OCAS: 8413

Course Hours: 120.00      Grade levels: 9-12

***Course Description:*** An introductory course that provides students with the most current information about the basic concepts and business aspects of fashion marketing and merchandising. It introduces students to the field of fashion promotion and provides foundational fashion concepts related to economics, textiles, and design. Other areas of study include basic fashion concepts and marketing terminology, fashion cycles, key components of the fashion industry, retail merchandise categories, and fashion promotion. Current issues related to industry globalization, social media, and sustainability as well as essential career skills and career opportunities will be explored. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

#### Recommended Curriculum:

*Fashion Marketing & Merchandising*, Goodheart-Willcox (2019)

*Fashion Design I & Lab Pacing Guide*, Curriculum Center for FACS, Texas Tech University  
*Apparel*, Goodheart-Willcox (2024)

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**Fashion Design II**

Course Code: FC00226      OCAS: 8425  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course introduces students to basic apparel design and construction skills. Students will examine the elements and principles of design, plan a wardrobe, determine proper care for clothing, select appropriate fabrics for a selected pattern, learn operations of sewing technology and equipment as well as apply basic sewing skills. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Apparel: Design, Textiles & Construction*, Goodheart-Willcox (2018)  
*Fashion Design II/Fashion Design II Lab*, Curriculum Center for FACS, Texas Tech University

**Fashion Design III**

Course Code: FC00257      OCAS: 8477  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course will further strengthen and broaden apparel design and production techniques. In this course, students will design and construct intermediate to advanced level projects using various construction techniques. Students will identify, analyze, and apply design processes and techniques to textiles. Entrepreneurship, service projects, career skills and career opportunities within the apparel industry will also be explored. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Apparel: Design, Textiles & Construction*, Goodheart-Willcox (2018)  
*Fashion Design II/Fashion Design II Lab*, Curriculum Center for FACS, Texas Tech University

**Food Science**

Course Code: FC00252      OCAS: 8472  
Course Hours: 120.00      Grade levels: 11-12

*Course Description:* A study of the physical, biological, and chemical makeup of food, the causes of deterioration in food products, the principles underlying food processing, and the improvement of foods for the consuming public. Students will conduct laboratory and field investigations, use scientific methods during investigations, and make informed decisions using critical thinking and scientific problem solving regarding consumable

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foods. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Food Science*, Curriculum Center for FACS, Texas Tech University  
*Principles of Food Science*, Goodheart-Willcox (2022)  
*Chemistry of Food*, ODCTE CIMC

**Foundations of Teaching** *(formerly Teaching and Learning in Elementary, Secondary, and Adult Education)*

Course Code: FC00005      OCAS: 8459  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course will explore the preparation, credentials, trends, and assessment strategies influencing education and training. Content also includes the challenges confronting the education settings, the historical background of American Education, global impact of teaching, effective teacher attributes and classroom management techniques. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Teaching*, Goodheart-Willcox (2024)

**Hospitality & Tourism Management**

Course Code: FC00258      OCAS: 8478  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course incorporates management principles and procedures of the travel and tourism industry as well as destination geography, airlines, international travel, cruising, travel by rail, lodging, recreation, amusements, attractions, and resorts. Employment qualifications and opportunities, and principles for the balance of work and family are also included. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Hospitality and Tourism Management Program Year 2*, American Hotel & Lodging Educational Institute  
*Hospitality & Tourism Management*, Curriculum Center for FACS, Texas Tech University

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### Human Growth and Development

Course Code: FC00251      OCAS: 8471  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* In this course, students examine human development across the lifespan. From newborn to older adulthood, people continue to develop and change physically, cognitively, socially, and emotionally. Family trends, cultural diversity, health, and safety are included. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

#### Recommended Curriculum:

*Human Growth and Development*, Curriculum Center for FACS, Texas Tech University  
*Lifespan Development*, Goodheart-Willcox (2018 or 2024)

### Interior Design I

Course Code: FC00002      OCAS: 8461  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course enables students to explore their creativity in the field of interior design. Identification of the elements and principles of design are emphasized. Other topics included are housing needs, influences on the housing industry, furniture arrangement basics, floor plan evaluation, area planning, facility and maintenance management, and careers. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

#### Recommended Curriculum:

*Housing and Interior Design*, Goodheart-Willcox (2018 or 2023)

### Interior Design II

Course Code: FC00224      OCAS: 8406  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course provides students the opportunity to develop skills in applying the elements and principles of design to interiors. Comprehensive projects are integrated throughout the course to incorporate design practices using gained knowledge of architecture and construction, interior finishes, residential and commercial lighting, furniture appliances and accessories. Decision-making skills are explored through the aspects of acquiring a home or place to live. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

#### Recommended Curriculum:

*Housing and Interior Design*, Goodheart-Willcox (2018 or 2023)  
*Interior Design*, Curriculum Center for FACS, Texas Tech University

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**Interior Design III**

Course Code: FC00260      OCAS: 8480  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course provides students the opportunity to develop advanced skills in applying the elements and principles of design to interiors and exteriors. Portfolio projects are integrated throughout the course to provide applications as the students continue their study of floor plans, housing construction, housing systems, exteriors, maintaining a home, security needs and outdoor living environments. Appropriate computer design programs are used in this course. A coordinated project that allows applications of interior design skills in a residential, commercial, or school setting may be a component of this course. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Housing and Interior Design*, Goodheart-Willcox (2018 or 2023)  
*Interior Design*, Curriculum Center for FACS, Texas Tech University

**Introduction to Culinary Arts**

Course Code: FC00255      OCAS: 8475  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This entry level course is for students interested in pursuing a career in the food service industry. Emphasis is placed on the principles of planning, organizing, staffing, directing, and controlling the management of a variety of food service operations. This course will provide insight into the operation of a well-run restaurant, food production skills, various levels of industry management, and hospitality skills. This course is a classroom and laboratory-based course. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Introduction to Culinary Arts*, Curriculum Center for FACS, Texas Tech University



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**Introduction to Hospitality & Tourism**

Course Code FC00018      OCAS: 8448  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course introduces students to an industry that encompasses lodging, travel and tourism, recreation, amusements, attractions, and food/beverage operations. Students learn knowledge and skills focusing on communication, time management, and customer service that meet industry standards. Students will explore the history of the hospitality and tourism industry and examine characteristics needed for success in the industry. Discovering Oklahoma's varied travel destinations and events of each country within the state is also a part of the course. Recommended avenues of teaching include guest speakers, and real or virtual tours of various tourism venues. ***Student leadership through Family Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Hospitality Services*, Goodheart-Willcox  
*Hospitality and Tourism Management Program Year 1*, American Hotel & Lodging  
Educational Institute  
*Principles of Hospitality and Tourism*, Curriculum Center for FACS, Texas Tech University  
*Touring Oklahoma*, CIMC, ODCTE

**Interpersonal Studies**

Course Code: FC00250      OCAS: 8470  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* This course examines how relationships between individuals and among family members significantly affect the quality of life. Students use knowledge and skills in family studies and human development to enhance personal development, foster quality relationships, promote wellness of family members, manage multiple adult roles, and pursue careers. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Interpersonal Studies*, Curriculum Center for FACS, Texas Tech University  
*Interpersonal Relationships*, Goodheart-Willcox (2018 or 2023)

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**Investigate FACS**

Course Code: FC00031	OCAS: 8412	Course Hours: 120.00	Grade: 6
Course Code: FC00195	OCAS: 8439	Course Hours: 60.00	
Course Code: FC0196	OCAS: 8438	Course Hours: 30.00	

*Course Description:* This exploratory class will help students discover skills and explore topics needed for healthy personal development. Students will delve into learning through hands on activities in the areas of values, ethics, leadership, goal setting, decision-making, problem- solving, dealing with emotions, learning to cook, good grooming, and personal safety. *This course may be for a 9-week period, semester, or year. **Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Tween Life, CIMC, ODCTE  
Exploring Life and Career, Goodheart-Willcox (2023)*

**LEAD Oklahoma**

Course Code: FC00035	OCAS: 8408
Course Hours: 120.00	Grade levels: 8-9

*Course Description:* A variety of career opportunities are explored in this course designed for middle school/junior high school students. Students interview personnel from various career fields within the educational system. They learn the responsibilities of school personnel such as the superintendent, personnel director, principal, assistant principal, curriculum coordinator and others. Students explore teaching as a career and compare it to other professions in terms of educational commitment and financial compensation. Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.

Recommended Curriculum:

*(Requires training and curriculum provided by the Oklahoma State Regents for Higher Education)  
Contact the FCS State Office for further information.*

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**Leadership and Management**

Course Code: FC00016      OCAS Code: 8452  
Course Hours: 120.00      Grade levels: 11-12

*Course Description:* This course is designed on the concept that leadership abilities can be learned. Students will study leadership and management skills to be used in employment, community, and/or volunteer settings. Experiential learning provides the opportunity to develop skills such as cooperation, teamwork, communication, trust, decision-making, and creative problem-solving. Students will gain skills in the areas of personal leadership, interpersonal leadership, group/organizational, and community/public policy leadership skills. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course and the FCCLA Leadership Academy: The FCCLA Covey Way should be incorporated into the curriculum coursework for the appropriate grade level of student.***

Recommended Curriculum:

*LEADS Curriculum Notebook, Leadership Excellence and Dynamic Solutions, K-State Research and Extension, Available through CIMC, ODCTE*  
*Leaders for Tomorrow, Curriculum Center for FACS, Texas Tech University*

**Lifetime Nutrition and Wellness**

Course Code: FC00254      OCAS: 8474  
Course Hours: 120.00      Grade levels: 9-12

*Course Description:* A laboratory course in which students use nutrition knowledge to make informed choices to promote lifetime wellness, the importance of healthy eating and physical activity across the life span. Students will learn safe food handling practices, healthy menu planning and food preparation techniques, and how to recognize sources of stress and healthy strategies to reduce the impact of stress on total wellness. Needs of the competitive athlete are also addressed. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Lifetime Nutrition and Wellness, Curriculum Center for FACS, Texas Tech University*  
*Nutrition and Wellness for Life, Goodheart-Willcox (2019 or 2023)*  
*Guide to Good Food, Goodheart-Willcox (2022)*

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**School and Community Partnership I**

*(Counts for Mentorship/Internship Credit)*

Course Code: FC00239

OCAS: 8419

Course Hours: 120.00

Grade levels: 10-12

*Course Description:* The School and Community Partnership I course provides a method of instruction which requires a joint effort between the school system and business and industry. The on-the-job training should be within the occupational career area of Family and Consumer Science (FCS). Up to 2 credits may be earned based upon the number of hours worked by the student (see CareerTech Rules, Credit for on-the-job training/internship). ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

**School and Community Partnership II**

*(Counts for Mentorship/Internship Credit)*

Course Code: FC00240

OCAS: 8420

Course Hours: 120.00

Grade levels: 11-12

*Course Description:* The Family and Consumer Sciences School and Community Partnership II course provides an instructional program designed to further develop employability and customer service skills to the senior level student within the school setting and on-the job training. School and Community Partnership I is a prerequisite for the course. Up to 2 credits may be earned based upon the number of hours worked by the student (see CareerTech Rules, Credit for on-the-job training/internship). ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

**Successful Adulthood: Personal Financial Literacy**

Course Code: FC00049

OCAS: 8404

***FCS EOI Required***

Course Hours: 60.00

Grade levels: 9-12

*Course Description:* Students will learn basic skills and knowledge needed to effectively manage their personal finances. The objectives and learning activities are based on real world situations and will help to build a foundation for making informed and successful personal financial decisions. The course is comprised of 14 areas of instruction designed to include all standards of the Passport to Financial Literacy Act of 2007 (70 O.S. § 11-103.6h) at a level of instruction appropriate for ninth through twelfth grade students. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Personal Financial Literacy*, CIMC, ODCTE

*Next Gen Personal Finance*, <https://www.ngpf.org/>

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**Teach Oklahoma**

Course Code: FC00028

OCAS: 8409

Course Hours: 120.00

Grade levels: 11-12

*Course Description:* Have you ever considered the rewards and joy of being a teacher, school counselor, principal, coach, school psychologist or special education teacher? This yearlong pre-education curriculum and class is designed to introduce high school students to various teaching and educational careers in pre-k through high school. *Teach Oklahoma* also has an internship component allowing the student to gain "real life" teaching experience with students in various academic settings. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*(Requires training and curriculum provided by the Oklahoma State Regents for Higher Education)*

*Contact the FCS State Office for further information.*

**Tween Life**

Course Code: FC00039

OCAS: 8411

Course Hours: 120.00

Grade: 7

Course Code: FC00202

OCAS: 8441

Course Hours: 60.00

Course Code: FC00201

OCAS: 8440

Course Hours: 30.00

*Course Description:* This course is designed to assist students in developing essential skills for healthy growth and development. Students will gain skills through setting goals, making good decisions, and developing problem solving abilities. The course offers students the opportunity to explore learning through hands on activities in the areas of relationships, physical development, money management, childcare, sustainability, and career exploration. The skills gained at this early age will assist in creating a work and family life balance in the future. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Tween Life, CIMC, ODCTE*

*Exploring Life and Career, Goodheart-Willcox (2023)*

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**Tween Life**

Course Code: FC00039	OCAS: 8411	Course Hours: 120.00	Grade: 7
Course Code: FC00202	OCAS: 8441	Course Hours: 60.00	
Course Code: FC00201	OCAS: 8440	Course Hours: 30.00	

*Course Description:* This course is designed to assist students in developing essential skills for healthy growth and development. Students will gain skills through setting goals, making good decisions, and developing problem solving abilities. The course offers students the opportunity to explore learning through hands on activities in the areas of relationships, physical development, money management, childcare, sustainability, and career exploration. The skills gained at this early age will assist in creating a work and family life balance in the future. ***Student leadership through Family, Career and Community Leaders of America (FCCLA) is an integral part of this course.***

Recommended Curriculum:

*Tween Life*, CIMC, ODCTE

*Exploring Life and Career*, Goodheart-Willcox (2023)